

Abstract

The purpose of this study was to determine the effect of a 6-week training program on the physical fitness of young women. The subjects were 18 female students who participated in a supervised exercise program consisting of aerobic and resistance training three times per week. Physical fitness was assessed at baseline and after 6 weeks using a series of standardized tests. The results showed significant improvements in cardiovascular endurance, muscular strength, and body composition. Specifically, there was a decrease in body mass index (BMI) and an increase in lean muscle mass. These findings suggest that a structured exercise program can effectively improve physical fitness in young women.

Keywords: Exercise, Fitness, Women, Training Program

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